



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



OVERNIGHT OATS

Provided by: Towanna Chapman

Ingredients:

- 1/3 cup uncooked rolled oats (not instant, not steel cut)
- 1/3 cup low-fat milk (dairy or non-dairy)
- 1/3 cup fat-free Greek yogurt

Possible Add-ins:

- ½ cup fresh fruit – or –
- ½ cup pumpkin – or –
- ½ cup applesauce – or –
- 1 tbsp unsweetened dark chocolate cocoa

Directions:

1. Mix uncooked oats, milk, and yogurt together in a bowl, cover with plastic wrap, and leave in the refrigerator overnight. The consistency will be soupy after this initial mixing.
2. Overnight, the oats will absorb the liquid from the milk and yogurt, and the mixture will expand and thicken. This absorption process, in essence, “cooks” the oats.
3. In the morning, top the mixture with nutritious add-ins of your choice. The possibilities are endless for this high-protein, low-calorie, satisfying morning treat!

Nutritionist Notes:

- To reduce fat content, may want to use skim milk.